

Free babysitting training offered to Guard youth

An American Red Cross Babysitting Training course is designed for youth aged 11 and up. Youth will be taught skills to make them professional and responsible babysitters. The class will be held on Sunday, June 20, from 9:00 am to 3:30 pm, in the Dining Facility.

Students have fun while learning first aid and how to deal with emergencies. The class teaches skills that make a great babysitter, including how to interview for a babysitting job. Additional topics include choosing safe and age-appropriate toys and games, feeding, diapering, handling bedtime issues, and more.

The course is taught by a certified instructor using hands-on activities, discussions, videos, games and fun! Students who complete the course receive a certificate of completion, a babysitter's handbook, and a special kit to keep filled with items needed for babysitting to take home.

The regular cost for this class can be as much as \$65.00 per person, but Guard youth are being offered this course for free through the Family Program Office. Registration is required by June 15. Please contact Robin in the Family Program office at 969-3493 to register or for more information.

Family Day will be July 10th!

How to dress like a pirate!

Ahoy, mateys! You can bring out your true "pirate" self when you compete in the **Pirate Invasion Costume Contest** on Family Day. Never dressed like a pirate? Well, shiver me timbers!!! That's okay - here's a few tips on acceptable garb to make your transition a little easier!



Pirate hat or bandanna
Boots
Striped or ruffled shirt
Breeches
Crazy socks
Sash
Plumes
Bangles and jewelry
Beads
Eye patch
Tattoos

Remember...pirates are colorful characters! Have some fun & join the mutiny!

The best gift a sister could give

by Kristine Ripley

What would you do if you were an 11-year-old girl and your 8-year-old brother began to choke? If you were like Lindsay Carroll you would know exactly what to do.

Lindsay's brother, Michael Carroll, was throwing dry cereal in the air and trying to catch it when the unthinkable happened—it landed just the wrong way and lodged in his throat. A couple of weeks earlier, Lindsay had taken the American Red Cross Babysitter Training course. She put what she learned there into action. Lindsay performed abdominal thrusts until Michael coughed up the cereal that was blocking his airway. Thanks to Lindsay, Michael is alive and well today.

Lindsay has been awarded the American Red Cross Certificate of Merit for her heroic actions. This is the highest award given by the American Red Cross to individuals who save or sustain a life using skills they learned in an American Red Cross Health and Safety Course.

From www.redcross.org

Do you need assistance finding licensed child care during UTA weekends?

If so, please contact the Family Program Office for more info on local providers.

The Last Laugh



"I'd like to trade him in for something quieter and better behaved."

From www.new1.com